



DOCTOR V

**KIEN VUU, MD | TRIPLE BOARD-CERTIFIED MD
THOUGHT LEADER IN HEALTH, HAPPINESS,
AND HUMAN POTENTIAL**

**SPEAKER TOPICS: ELEVATING HUMAN AND ORGANIZATIONAL POTENTIAL, LEADING HIGH-PERFORMING TEAMS,
RESILIENCE AND ORGANIZATIONAL WELLNESS, THRIVING THROUGH CHANGE & UNCERTAINTY,
BOOSTING COGNITIVE POWER: INNOVATION, CREATIVITY, DECISION-MAKING**

2024 SPEAKER REEL: PLAY NOW

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EVENT PLANNER RESOURCES

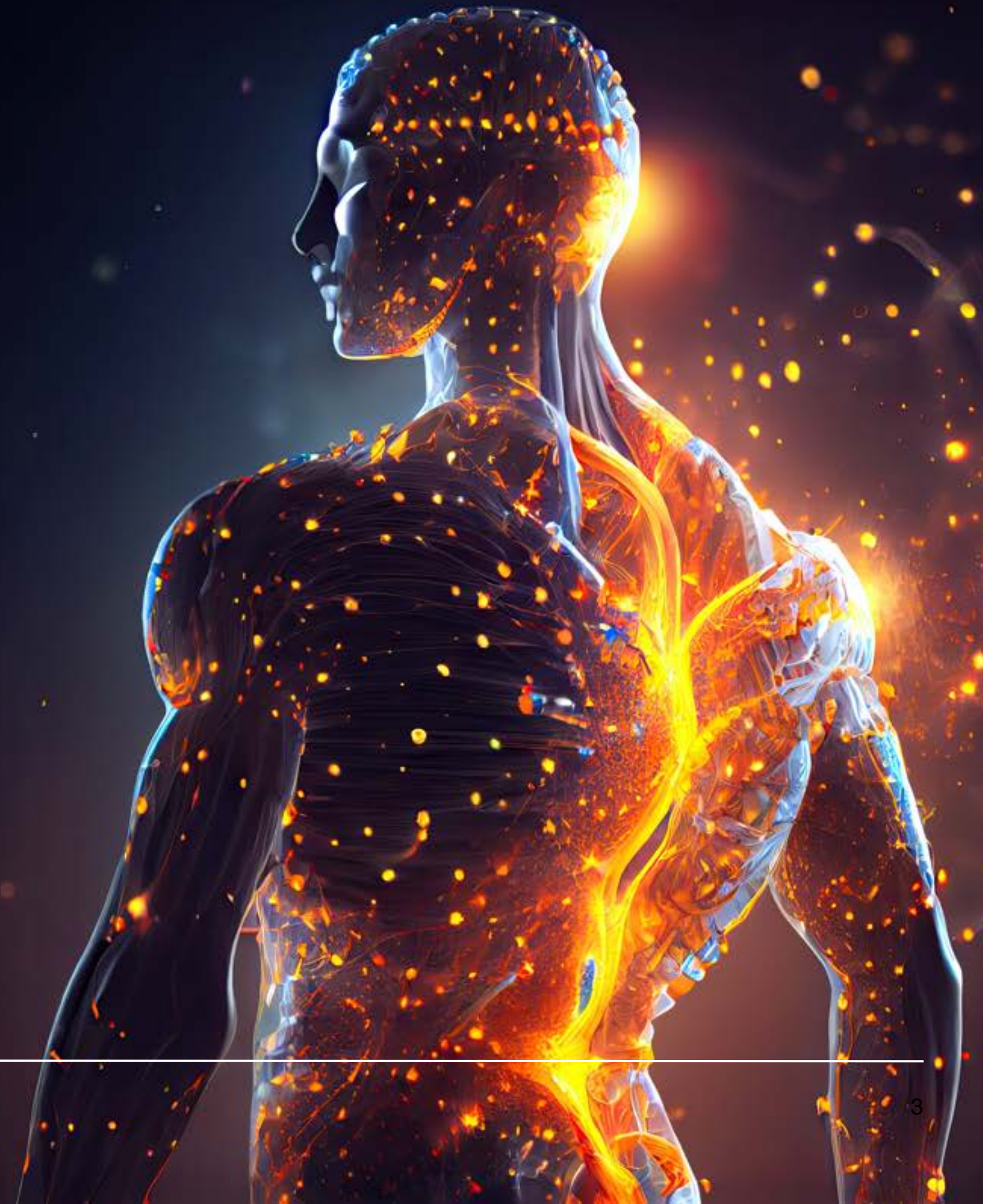
UNTAPPED
HUMAN POTENTIAL

2024 SPEAKER REEL
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THRIVE STATE EXPERIENCES
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“In an era marked by unprecedented change and uncertainty, the greatest threat to an organization is untapped human potential.”

Kien Vuu, MD (Doctor V)



CHALLENGES

SYSTEMIC PROBLEMS

IS YOUR ORGANIZATION SICK?



**STRESS AND BURNOUT
COMPROMISING PERFORMANCE,
ENGAGEMENT, AND RETENTION**



**DISCONNECTED TEAMS ERODING
COLLABORATION, INNOVATION, AND
SYNERGISTIC GROWTH**



**UNSUPPORTIVE CULTURE
UNDERMINING ORGANIZATIONAL
HEALTH AND PROSPERITY**

THRIVE STATE: THE STRATEGIC TRANSFORMATIONAL PRESCRIPTION

Where Science and Business Intersect: In this era of rapid technological shifts and the residual impact of global changes, Dr. Kien Vuu, popularly known as Doctor V, emerges as a pivotal figure in fostering organizational resilience and driving innovation. As a seasoned expert in human and organizational longevity and performance, his keynotes are not just speeches but powerful catalysts for thriving in an unpredictable and ever-evolving professional landscape.

Adapting to Exponential Change: In the aftermath of the pandemic and amidst the relentless advancements in AI, organizations stand at a crucial crossroads. Embrace change and flourish, or remain static and risk obsolescence. Through his pioneering Thrive State methodology, Doctor V illustrates how channeling human potential and resilience is not just an edge – it's a necessity in this new epoch. His insights transform the challenges of this accelerated change into golden opportunities for organizational growth and pioneering innovation.

Doctor V's Revolutionary Strategy: Rooted in his own story of triumph over adversity and enriched by his extensive medical expertise, Doctor V's strategies go beyond mere survival tactics. They're about leading with renewed energy, imaginative power, and unwavering resilience. His approach has invigorated individuals and teams at leading corporations, unlocking their highest potential and nurturing a culture ripe for innovation and agile adaptation.

In today's fast-changing environment, dominated by AI and uncertainty, Doctor V's keynote is an essential roadmap for organizations aiming to motivate and prepare their workforce for what lies ahead. Embark on this transformative journey with Doctor V to activate the Thrive State, setting your organization on a path to enhanced health, happiness, and peak performance.

KIEN VUU, MD

BIO

Dr. Kien Vuu, affectionately known as 'Doctor V,' is a vanguard in the realm of human and organizational longevity and performance. His journey from an infant boat refugee to a trailblazer in the medical field exemplifies resilience and the indomitable human spirit. At the core of his work is the Thrive State, a transformative energy that ignites the biology of human potential. This lifeforce, which Doctor V harnessed to reverse his chronic diseases and biologically age backward, can be activated within anyone through his simple yet profound framework.

With tenure at UCLA and the National Institutes of Health, Doctor V's expertise spans interventional and diagnostic radiology, longevity medicine, human potential, and spirituality. As the founder of VuuMD Performance and Longevity, he advises elite athletes, executives, celebrities, and Fortune 500 companies, guiding them to reclaim their health and achieve peak mental, physical, and emotional performance.

Doctor V's passion resonates in his dynamic keynotes and workshops, blending medical insights with engaging storytelling. His bestselling book 'Thrive State' and appearances on platforms like NBC and Netflix have inspired countless audiences, from Whole Foods to Bank of America. His mission is to empower individuals and organizations to serve with fulfillment, abundance, and purpose, unlocking a world of optimal health and human potential.



KEY OUTCOMES

DOCTOR V PROGRAMS



Elevated Team Engagement, Collaboration, and Productivity



Significant Reduction in Stress and Burnout Rates



Lowered Costs due to Workforce Turnover, Recruitment, Absenteeism, and Healthcare



Boosted Adaptability, Creativity, and Innovation in the Workplace



Sustained Organizational Wellness and Long-Term Prosperity

PARTNERS

WE WORKED WITH

FEATURED IN



TRUSTED BY



MEDIA

GLOBAL DIGITAL & TV

COMPETITION SERIES
THE REAL GAME BEGINS
DR. KIEN VUU
@DOCTORVMO
SQUID GAME THE CHALLENGE
LIVE TOMORROW
DOCTOR V + NETFLIX
the morning BLEND
Good Day Austin
FOX 40
@CHANNEL13NEWS 6-15AM
@FOX7AUSTIN 7-15AM
@FOX40NEWS 12-15PM



BUSINESS INSIDER
HEALTH
A longevity doctor shares his 10-minute morning routine to reduce stress and improve focus
Gabby Landsverk Jan 25, 2024, 5:40 AM ET
Share | Read in app
A photograph of a pitcher of lemon water and a glass of lemon water next to a portrait of Dr. Kien Vuu.



DOCTOR V KEYNOTES

KEYNOTES: THE THRIVE STATE EDGE | THRIVING IN FLUX | LEADERSHIP ALCHEMY

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KEYNOTE ONE PERFORMANCE EDGE

THE THRIVE STATE EDGE: MAXIMIZING HUMAN POTENTIAL AND ORGANIZATIONAL PERFORMANCE

SOLUTIONS

In today's world, rapidly transformed by technological advances and the lasting impact of the pandemic, there's a less visible but equally impactful crisis unfolding: the erosion of human potential. Across the globe, individuals grapple with diminished vitality, compromised emotional well-being, and waning energy. For organizations, the imperative is clear: to unlock the latent potential within their workforce, fostering an environment of growth and innovation.

In his inspiring and deeply moving keynote, Dr. Kien Vuu (Doctor V) reveals innovative, science-based strategies for reaching and maintaining peak performance. Drawing from his extensive background in longevity and human performance, Doctor V introduces an accessible framework to achieve the Thrive State – a dynamic condition of heightened energy and capacity that drives both individual and organizational success. This presentation is enriched by Doctor V's own journey of overcoming personal health challenges and his extensive research into the habits and practices of exceptional leaders and thriving cultures known for their extraordinary productivity, resilience, and creative breakthroughs.

TAKEAWAYS

Grasp the biology underpinning optimal health, longevity, and peak performance.

Uncover the five crucial focus areas to reach optimized human potential.

Learn from the world's happiest and healthiest cultures to enhance well-being.

Navigate any workplace transformation with increased resilience and reduced stress.

Apply the IMPACT framework to attain the Thrive State and turn challenges into significant growth opportunities.

SOLUTIONS

In our dynamic world, characterized by the lingering impacts of the pandemic and the rapid progression of artificial intelligence, the ability to adeptly navigate and master constant change has become indispensable. The modern workforce is continually challenged by shifts in organizational goals, structural transformations such as mergers and acquisitions, the advent of cutting-edge technologies, and evolving market landscapes. Amidst this backdrop of perpetual change, it is crucial for employees across all tiers to not just cope but excel.

In his perceptive and engaging presentation, Dr. Kien Vuu (Doctor V) emphasizes the significance of recognizing and capitalizing on the biological indicators of change. He illustrates how these signals, when correctly identified and utilized, can be converted into substantial growth and development opportunities. Doctor V shares practical, scientifically grounded strategies, empowering individuals to successfully navigate and thrive amidst the stresses, pressures, and novel situations encountered in today's workplace.

TAKEAWAYS

Deciphering the biological basis of stress and change, and understanding its impact on both individual and team performance.

Developing a resilient mindset, transforming each transformation or disruption into an avenue for personal and professional growth.

Harnessing the power of personal identity and purpose as essential drivers for improved performance and adaptability.

Transitioning from reactive responses to strategic, conscious action in managing change.

Implementing an effective framework to transform stress and anxiety into catalysts for hope, drive, and empowerment.

KEYNOTE THREE

LEADERSHIP ALCHEMY

LEADERSHIP ALCHEMY: TRANSFORMING BODIES AND ORGANIZATIONS INTO POWERHOUSES OF EXCELLENCE

SOLUTIONS

In the ever-changing landscape of business and technology, the key to unlocking unparalleled success lies in understanding and harnessing the power of ecosystems. Dr. Kien Vuu (Doctor V) introduces this concept in his transformative keynote, "Leadership Alchemy: Transforming Bodies and Organizations into Powerhouses of Excellence." This session illuminates how both our bodies and organizations function as complex ecosystems, each requiring insightful leadership to achieve greatness. Dive deep into the symbiotic relationship between personal well-being and organizational health. Dr. Vuu's expertise in the Thrive State reveals a profound connection between optimizing individual health and enhancing organizational performance. By treating both the human body and an organization as dynamic ecosystems, attendees will discover revolutionary leadership strategies that catalyze peak performance, resilience, and innovation.

TAKEAWAYS

Ecosystem Leadership Principles: Understand how the principles that govern healthy, thriving biological ecosystems can be applied to foster excellence in organizational settings.

The Thrive State Methodology: Learn about the biology and psychology underpinning the Thrive State and how it can be leveraged to drive personal and team success.

Mastering Personal and Organizational Health: Discover how enhancing individual well-being contributes to creating a robust, high-performing organizational culture.

Transformative Leadership Skills: Acquire skills to lead effectively through change, nurturing resilience and adaptability in teams and oneself.

Strategic Framework for Peak Performance: Apply the Thrive State framework to turn challenges into opportunities for growth, ensuring sustainable success in all areas of life and work.

BESPOKE WORKSHOPS

ACTIVATING HUMAN LIFE FORCE | PRECISION WELLNESS FOR OPTIMAL PERFORMANCE

[THRIVE STATE WORKSHOP REEL
CLICK HERE](#)

THE THRIVE STATE ACTIVATION DETAILS AND TAKEAWAYS

THE THRIVE STATE ACTIVATION WORKSHOP: ENERGIZING YOUR TEAM'S POTENTIAL

WORKSHOP DETAILS:

In our rapidly evolving world, unlocking the full potential of your team is crucial. The "Thrive State Activation Workshop" is a dynamic experience designed to tap into the untapped reservoirs of human potential, transforming how your team approaches health, emotions, and energy. This workshop is more than a learning experience; it's an interactive journey toward collective excellence.

WORKSHOP TAKEAWAYS:

- Practical skills in breathwork, movement, and laughter yoga for daily application.
- Strategies for enhancing team communication and deepening interpersonal connections.
- Techniques to cultivate a group flow state, elevating collective performance and productivity.
- Tools to harness stress and transform it into a positive driving force.
- Insight into fostering a thriving, resilient, and innovative team culture.

THE PEAK PERFORMING TEAM WORKSHOP: PRECISION WELLNESS FOR OPTIMAL PERFORMANCE

WORKSHOP DETAILS:

Welcome to "The Peak Performing Team" workshop, an innovative and cutting-edge program designed to elevate your team's performance to new heights. Integrating the latest in AI-driven epigenetic wellness and human performance technology, this workshop offers personalized strategies for optimizing health, resilience, energy, and focus. In this interactive and engaging workshop, participants will discover practical ways to manage their health and stress and learn how to leverage AI and epigenetic insights to achieve peak performance. By understanding each individual's unique DNA building blocks, we offer a precise and personalized approach to wellness and productivity.

WORKSHOP TAKEAWAYS:

- Mastery of AI and epigenetic technology for personalized wellness and performance.
- Strategies to manage stress and maintain resilience in a fast-paced work environment.
- Insights into holistic wellness approaches tailored to individual and team needs.
- Understanding of how to leverage technology for continuous health and performance improvement.
- Tools for authentic engagement and maximizing team potential through precision wellness.

TESTIMONIALS

CLIENTS + COLLEAGUES



TESTIMONIAL REEL:
CLICK HERE

"...actionable and useful health information. If you want to be *fully inspired and laugh* while learning, he's your guy!" **Dave Asprey**, Father of Biohacking & 4x NYT Bestselling Author

"He is phenomenal. His talk is a world-class blend of science, storytelling, and practical insight for everybody to live a better life." **Ryan Estis**, Leadership and Sales Thought Leader + Keynote Speaker

"Doctor V's keynote on *leadership and leading high-performance teams* was a *game-changer*. He not only knows the science behind high performance, but he also provided concrete strategies for maximizing our teams emotional health and productivity." **Bruce Cardenas**, Former Chief Communications Officer at Quest Nutrition

"Dr. V's approach to *mental and emotional resilience* was what our team needed to hear. His charisma engaged us, but his takeaways gave us the action plan to thrive with more purpose, passion, and productivity." **Vartan Safarian**, Sales Executive at Farmers

"Dr. Vuu has a masterful way of bringing together science, medicine, and storytelling to *thrive through change and stress*. I now have the tools to access more resilience, vitality, and productivity." **Dan Chuparkof**, Google Product Leader + McKinsey & Co Alum

"Doctor V demystifies the confusion and provides a *truly executable plan for any individual and organization to Thrive*." **Chris Barton**, Founder of Shazam

"Dr Vuu has the *credentials, charisma, and charm* to keep the audience completely entertained and engaged, while delivering a *powerful message of resilience, performance, and longevity* that can take anyone's life or organization to the next level." **Joseph Antoun**, L-Nutra, CEO

"Seldom in 35 years have I seen an audience immediately engaged, energized, and empowered as I experienced with Doctor V. He's like *the Tony Robbins of health!*" **Dr. Daryl Blackwell**, Axyon Consulting, CEO

"All I can say is *WOW!.....* Doctor V's process will help unleash any person's or organization's ability to discover the best versions of themselves - allowing them not only to have a happier healthier life, but have the energy and vitality to fulfill their mission and purpose." **Josh Berman**, Managing Partner, Troy Capital Partners

"Our members, including leaders and executives from music, arts, technology, to businesses of all industries, were captivated with Doctor V's message - *a true masterpiece on stage*." **Ken Rutkowski**, CBS Radio and Founder, Metal Intl.

"Resounding praise, and thank you's are the *overwhelming response I get from event planners* every time I book Doctor V. His message of Thrive State is rippling positivity, possibility, and empowerment in lives and organizations throughout the world." **Daniel Hennes**, Engage Speakers Bureau, CEO

"Dr Vuu would be a fantastic speaker to anchor an association, leadership offsite, or even large sales and marketing meetings where individuals are truly stressed for their own personal well being, but also bringing in a perspective of longevity." **Keith Ferrazzi**, 2xNYT Best-Selling Author and Global Organizational Thought Leader



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The Next Chapter
good days

